

WHAT'S THE RISK?

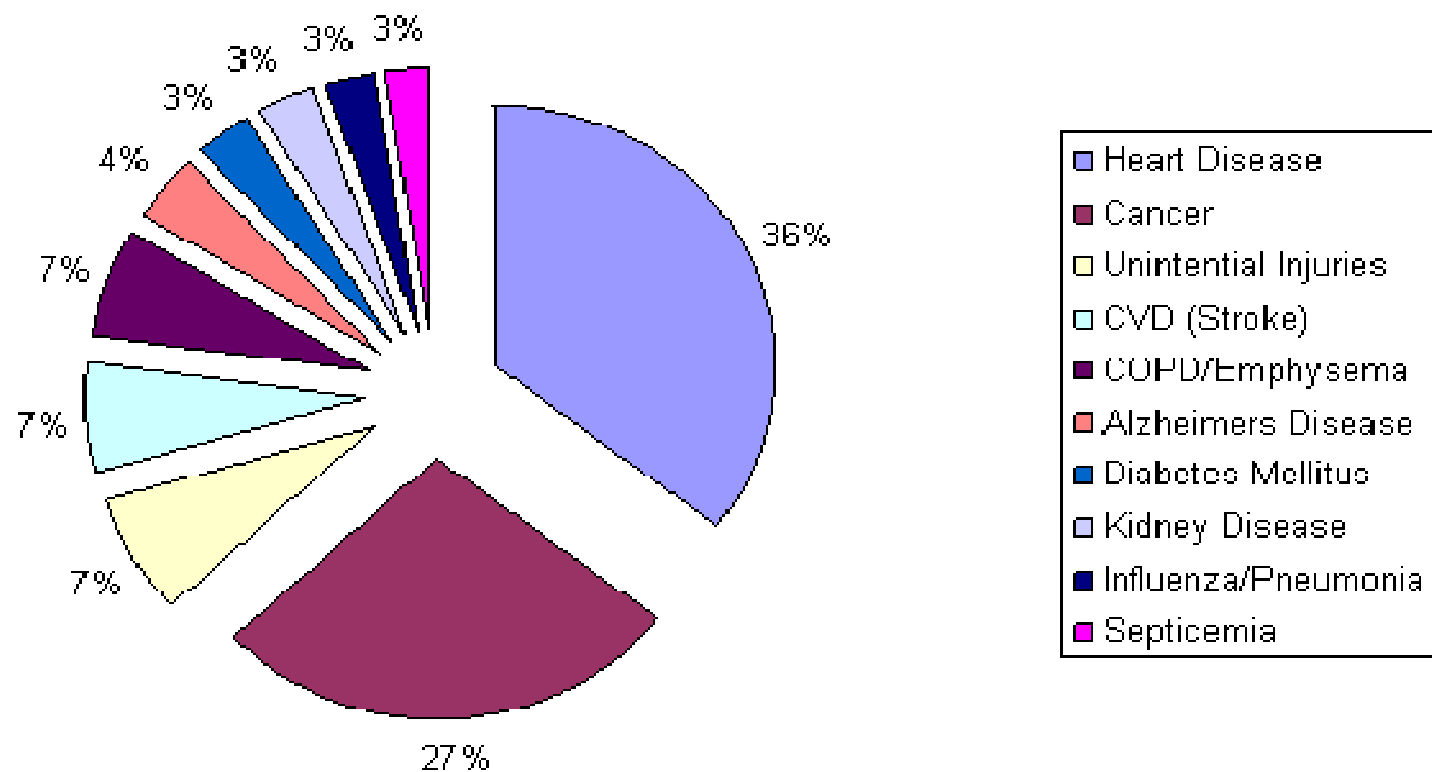
**Heart Disease and
Stroke in Mississippi**

Objectives

- What is Cardiovascular Disease?
- Know the Risk Factors.
 - Risk Factors You Can Not Change.
 - Risk Factors You Can Change.
- Know Your Numbers and Improve Your Health.
- Know The Signs and Call 9-1-1.

Cardiovascular Disease,
principally heart disease
and stroke, is the
leading cause of death
in the United States and
Mississippi.

Top Ten Leading Causes of Death in Mississippi, 2008



Source: Mississippi Vital Statistics, 2008

What is Heart Disease?

- Narrowing or blocking of the coronary arteries also known as coronary heart disease.
- Plaque build-up is caused by cholesterol and other substances
- Angina is caused by the narrowing arteries.



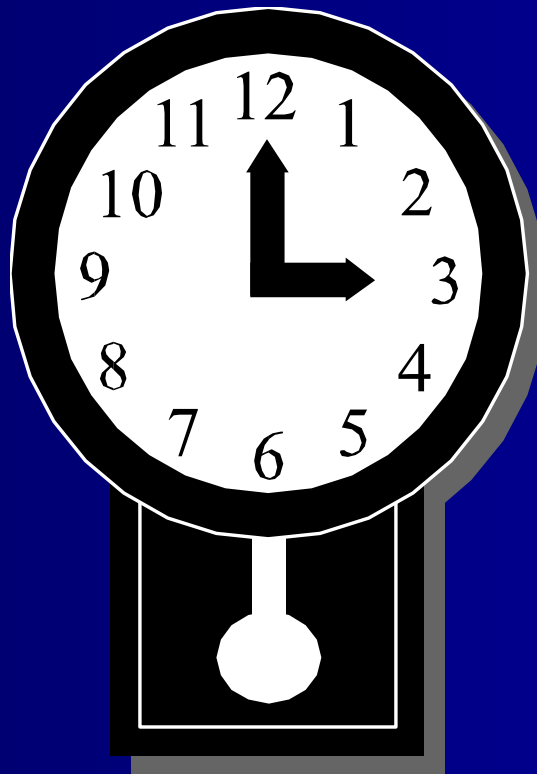
What is Stroke?



A stroke happens when blood flow to the brain is interrupted by a blocked (clot) or burst blood vessel.

The Bad News

Every
35 seconds
an
American
will die of
CVD



Every
3 minutes,
someone
dies of a
stroke

Risk factors that CANNOT be changed

- **Age**
- **Family History**
- **Sex**
- **Race**
- **Past heart disease or stroke**

Risk factors that CAN be changed

- High Cholesterol
- Physical Inactivity
- High blood pressure
- Alcohol /Drug Abuse
- Tobacco Expo.
- Diabetes
- Obesity
- Stress

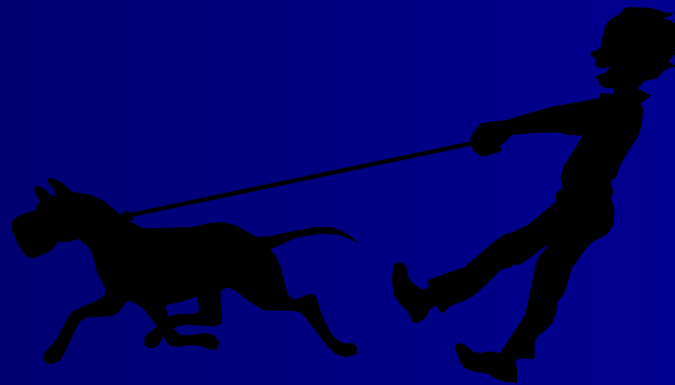
Prevention of Heart Disease and Stroke

What YOU can do:

KNOW YOUR NUMBERS!

30
minutes

Physical Activity

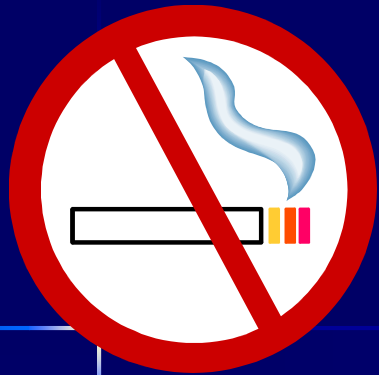


Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.



Nutrition

**Eat a heart healthy diet
low in saturated fat and cholesterol
Eat more fruits and vegetables –
at least 5 A Day**



Tobacco Exposure

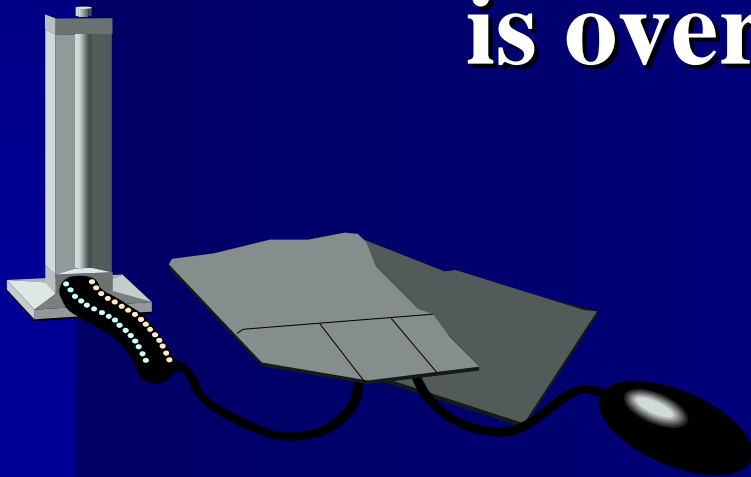
Tobacco Exposure is the #1 cause of
Heart Disease!!!!

Tobacco Users can call the MS Tobacco
Quitline at 1-800-QuitNow

**Less than
120/80**

Blood Pressure

**You would be at high risk
if your blood pressure
is over 120/80 mmHg**



mm Hg = millimeters of mercury

Shake The Salt!

**Most Americans
Should Consume
Less Sodium :**

**1,500
mg/Day or
Less**

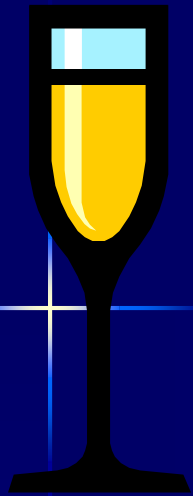


Cholesterol

**Less than
200
mg/dL**

- Approximately 40 million American adults have high cholesterol levels
- High Cholesterol is a risk factor for both HEART DISEASE and STROKE

mg/dL = milligrams per deciliter of blood



Alcohol and Drug Abuse

Using drugs and alcohol
affects your risk
of heart disease and stroke.



Stress

- Stress leads to other risk factors
- Don't sweat the small stuff
- Manage your time
- Learn to relax



“Know the Signs”



Classic signs of a Heart Attack

- Pressure, fullness, squeezing or pain in the center of the chest
- Chest discomfort
- Pain that spreads to the shoulders, neck, or arms

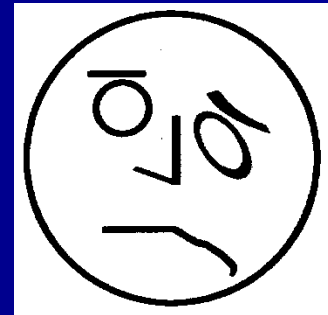


Less common signs of Heart Attack – experienced by many women

- Chest, stomach or abdominal pain
- Nausea or dizziness without chest pain
- Shortness of breath
- Trouble breathing without chest pain
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness

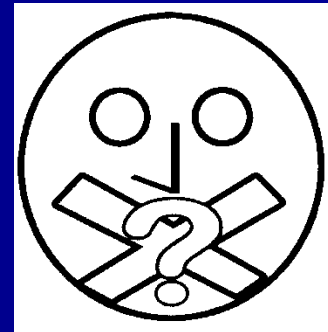
Symptoms of Stroke

1. Feel numb or weak
(face, arm, leg, 1 side)

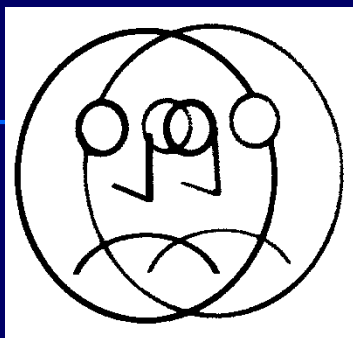


2. Feel confused
Hard to talk
understand

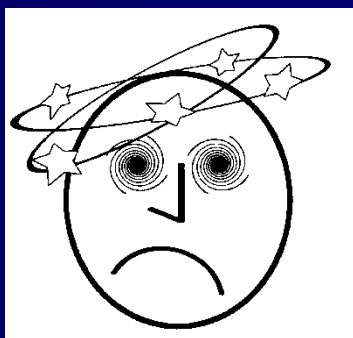
Can't



Stroke (continued)



3. Trouble seeing
(1 eye or both)



4. Hard to walk, Dizzy
Off balance

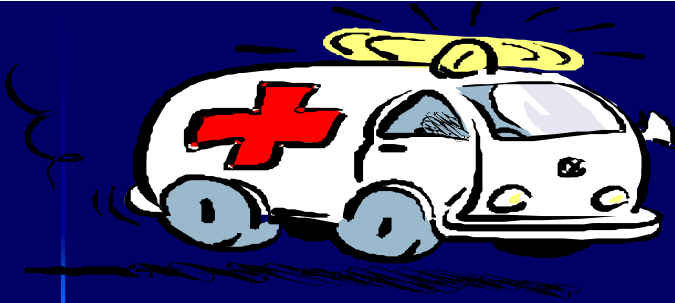


5. Sudden bad headache
with no known cause.

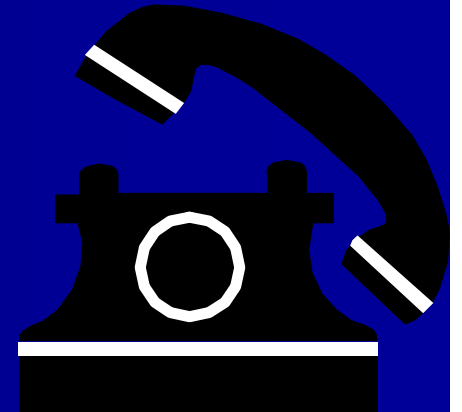


Stroke

- Recognize the warning signs
- Immediately call 9-1-1
- Know the location of the closest stroke treatment facility
- Ask if you are eligible for tPA (clot-busting drug)



**Recognize any of
these symptoms as
a medical
emergency and
CALL 9-1-1**



Contact Information

For more information on heart disease
and stroke prevention:

Augusta Bilbro
Mississippi State Department of Health
Heart Disease and Stroke Prevention Program
P. O. Box 1700 Jackson MS 39215-1700
www.HealthyMS.com/heart
augusta.bilbro@msdh.state.ms.us